

# BE A VOLUNTEER GUIDE FOR OUR THERAPEUTIC GARDENS



If you love sharing knowledge and teaching hands-on activities in the outdoors, come join us as a guide!

Therapeutic horticulture activities help to maximise the benefits of Therapeutic Gardens. We are looking for enthusiastic individuals, who are keen to interact with the elderly and other participants, to join us as guides for the Therapeutic Horticulture Programme.

You will be provided with training to learn how to better interact with the elderly and other participants, and to facilitate various gardening activities. Training will include knowledge about the plants in the Therapeutic Gardens and how to interact with the greenery using your five senses. Once the training is completed, guides can choose to conduct the activities at any of our Therapeutic Gardens.

To sign up as a guide, please visit [www.nparks.gov.sg/volunteer](http://www.nparks.gov.sg/volunteer)

# VISIT OUR THERAPEUTIC GARDENS



We welcome you to visit our Therapeutic Gardens located at:

- **Bishan-Ang Mo Kio Park (Pond Gardens)**  
Along Ang Mo Kio Ave 1, after junction of Marymount Road opposite Block 223
- **Choa Chu Kang Park**  
Along Choa Chu Kang Drive
- **HortPark**  
33 Hyderabad Road, Singapore 119578  
Off Alexandra Road
- **Tiong Bahru Park**  
Tiong Bahru Road, Singapore 168731  
Along Lower Delta Road, opposite Jalan Bukit Ho Swee
- **Punggol Waterway Park**  
Along Sentul Crescent Road (next to Carpark A)
- **Telok Blangah Hill Park**  
Telok Blangah Green off Henderson Road (next to Carpark 1)

To find out more about our therapeutic horticulture programme please visit [www.nparks.gov.sg/therapeutic-gardens](http://www.nparks.gov.sg/therapeutic-gardens)



Share your love for nature and animals at  
#NParksBuzz #AnimalBuzzSG

Subscribe to our Telegram channel: [t.me/NParksBuzz](https://t.me/NParksBuzz)

# Refresh AND Renew

AT OUR

# THERAPEUTIC GARDEN



# WHAT IS THERAPEUTIC HORTICULTURE ?



With growing interest in the benefits of therapeutic gardens and therapeutic horticulture, a series of horticultural workshops targeting elderly groups, persons with dementia and other special needs has been introduced at our Therapeutic Gardens.

The greenery and sensory aspects of the garden will provide visitors with a rehabilitative environment, providing relief from attention fatigue and stress. This is complemented by an outdoor activity area where therapeutic horticulture programmes will be carried out.

These workshop activities are meant to stimulate participants' senses and memories through interaction with nature, and to encourage motor and hand-eye coordination. Our activities can cater for various levels of mobility. Each session is about 1.5 hours.



## ACTIVITIES AVAILABLE



The following group gardening activities led by trained gardeners help to:

- Promote low intensity exercise and fine motor skills;
- Stimulate memory;
- Encourage positive social and environmental connections; and
- Promote mindfulness.

### Propagation of Edible Plants

Plant propagation is the process of creating new plants from seeds, cuttings, bulbs or other plant parts. Try this inexpensive way to tap on existing plants to produce healthy plants. The activity helps to stimulate memory, promote fine motor skills and encourage positive social and environmental connections.

### Making of Scent Bags

Select your preferred scented herbs and make your own scent bag for your home! This activity promotes medium and low intensity exercise, fine motor skills and stimulates memory.

### Leaf Collage

Create your own work of art by painting flowers and leaves you can observe in the garden on paper. This activity promotes medium and low intensity exercise, fine motor skills and stimulates memory.



### Gardening (Weeding/Pruning/Watering)

Join us and learn the basics of park maintenance, where you can weed, prune and water the plants within the Therapeutic Garden. This activity helps to promote medium and low intensity exercise, encourage positive social and environmental connections and promote fine motor skills.



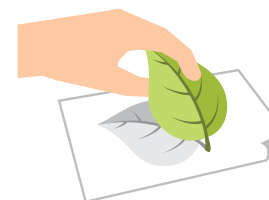
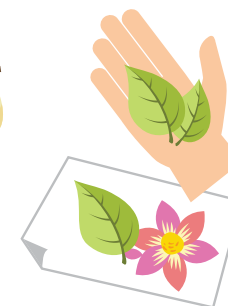
### Growing of Edible Sprouts

Grow your own vegetables from seeds, which can be harvested after just a few days. The sprouts have high nutritional value, require minimal maintenance and do not need much sunlight. This activity helps to promote medium and low intensity exercise, mindfulness and stimulates memory.



### Flower & Leaf Pressing on Cards

Express your creativity by arranging leaves and flowers in different designs on paper. This activity promotes medium and low intensity exercise, fine motor skills and stimulates memory.



Please email us at [volunteer@nparks.gov.sg](mailto:volunteer@nparks.gov.sg) for the programme schedule and the full list of therapeutic horticulture activities held at each therapeutic garden.